RINGKASAN

Dislipidemia merupakan terjadinya kelainan metabolisme lipid, yang ditandai dengan kenaikan kadar kolesterol total, kadar trigliserida, dan kolesterol LDL sehingga dapat menyebabkan penyakit kardiovaskuler dan stroke. Ekstrak jahe dapat menurunkan kadar kolesterol pada hewan coba *(Rattus norvegicus)*. Penelitian ini bertujuan untuk mengetahui pengaruh konsentrasi dan takaran minuman jahe yang dikonsumsi per hari terhadap profil lipid tikus coba.

Penelitian ini dilaksanakan secara ekperimental menggunakan rancangan dasar Rancangan Acak Lengkap (RAL) dengan 4 kelompok tikus wistar (n=6) perlakuan yang terdiri dari : Kelompok perlakuan kontrol (P1), kelompok perlakuan diberi minuman jahe takaran setara 20 g/200 ml (P2), kelompok perlakuan diberi minuman jahe takaran setara 60 g//200 ml (P3), dan kelompok perlakuan diberi minuman jahe takaran setara 180 g/200 ml (P4). Setiap perlakuan dilakukan pengulangan sebanyak 6 kali (6 ekor tikus) sehingga terdapat 24 unit percobaan. Variable yang diamati pada penelitian ini adalah kadar kolesterol total, kadar trigliserida, dan kolesterol LDL plasma pada tikus coba.

Hasil penelitian ini adalah pemberian minuman jahe pada tikus coba P2, P3, dan P4 menunjukkan bahwa perlakuan pemberian minuman jahe berpengaruh nyata terhadap penurunan kadar kolesterol total, trigliserida dan LDL plasma dibandingkan kelompok kontrol (P1), dengan kadar kolesterol total berturut-turut 79,96 mg/dl; 85,85 mg/dl; 85,00 mg/dl; dan 101,38 mg/dl. Kadar trigliserida berturut-turut 88,30 mg/dl; 110,86 mg/dl; 89,43 mg/dl; dan 107,84 mg/dl. Kadar LDL plasma berturut-turut 54,30 mg/dl; 71,95 mg/dl; 67,86 mg/dl, dan 76,65 mg/dl. Kadar kolesterol total, trigliserida dan LDL plasma mengalaami penurunan pada pemberian minuman jahe dengan konsentrasi 20 g/200 ml (P2) dan cenderung mengalami kenaikan dengan pemberian minuman jahe pada konsentrasi yang lebih tinggi. Pemberian minuman jahe pada konsentrasi 20 g/200 ml (P2) dianggap sebagai konsentrasi terbaik karena dapat menurunkan kolesterol total, trigliserida dan LDL plasma tikus coba.

SUMMARY

Dislipidemia is a condition when there is an anomaly within lipid metabolism, make by a the rise of the amount of total cholesterol, triglyceride, and LDL cholesterol that can cause Cardiovascular and stroke. The ginger extract can reduce the amount of the cholesterol of the animal specimen (Rattus norvegicus). The research was aimed to find out of effect of the concentration and the dosage of wedang jahe that drunk per day towards lipid profile animal specimen.

The research was hold experimentally and used a basic plan that is Completely Randomized Design with 4 groups of wistar rat (n=6) and some treatments. The Frist treatment was controlling grup (P1), the second treatment (P2) was giving wedang jahe by the amount of 20 g/200 ml, the third treatment (P3) was giving wedang jahe by the amount of 60 g/200 ml, and the fourth treatment (P4) was giving wedang jahe by the amount of 180 g/200 ml. Each treatment was repeated six times (six rats) so there were 24 trials.

The result of the research was that the second treatment (P2), the third treatment (P3), and the fourth treatment (P4) showed that the treatments significantly affected the reduction in the amount of total cholesterol, triglyceride, and LDL plasma compared to the control grup (P1). The amount of total cholesterol in a row were 79,96 mg/dl; 85,85 mg/dl; 85,00 mg/dl; and 101,38 mg/dl. The amount of triglyceride in a row were 88,30 mg/dl; 110,86 mg/dl; 89,43 mg/dl; and 107,84 mg/dl. The amount of LDL Plasma in a row were 54,30 mg/dl; 71,95 mg/dl; 67,86 mg/dl; and 76,65mg/dl. The amount of total glyceride and LDL Plasma decreased in the second treatment (P2) which was given wedang jahe by the amount of 20 mg/200 ml and disposed to increase when the concentration of giving wedang jahe was higher. Giving wedang jahe by the concentration 20 g/200 ml (P2) was considered as the best concentration because it couled decrease the total cholesterol, trigyceride, and LDL Plasma rat specimen.